

Fig 1

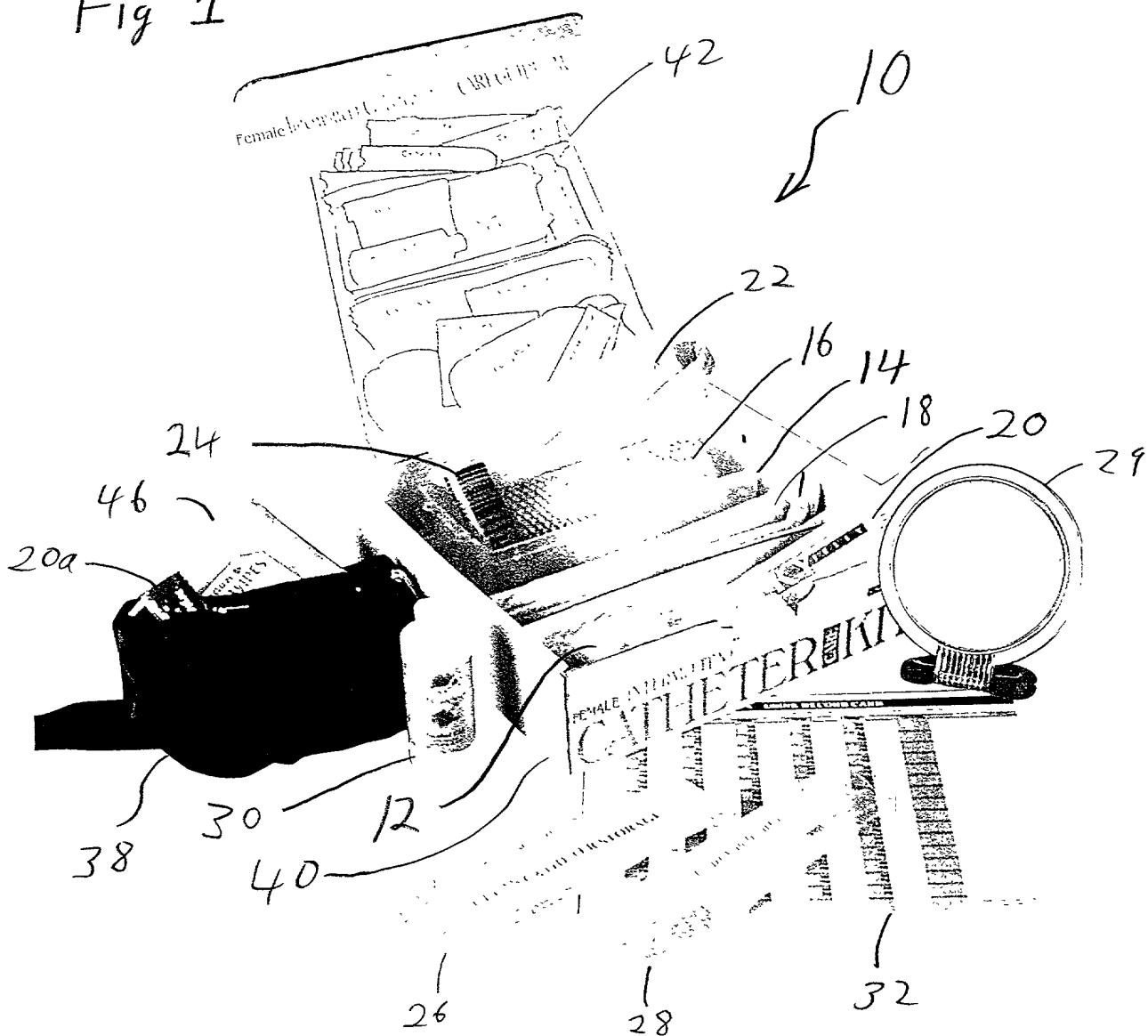


Fig 1A

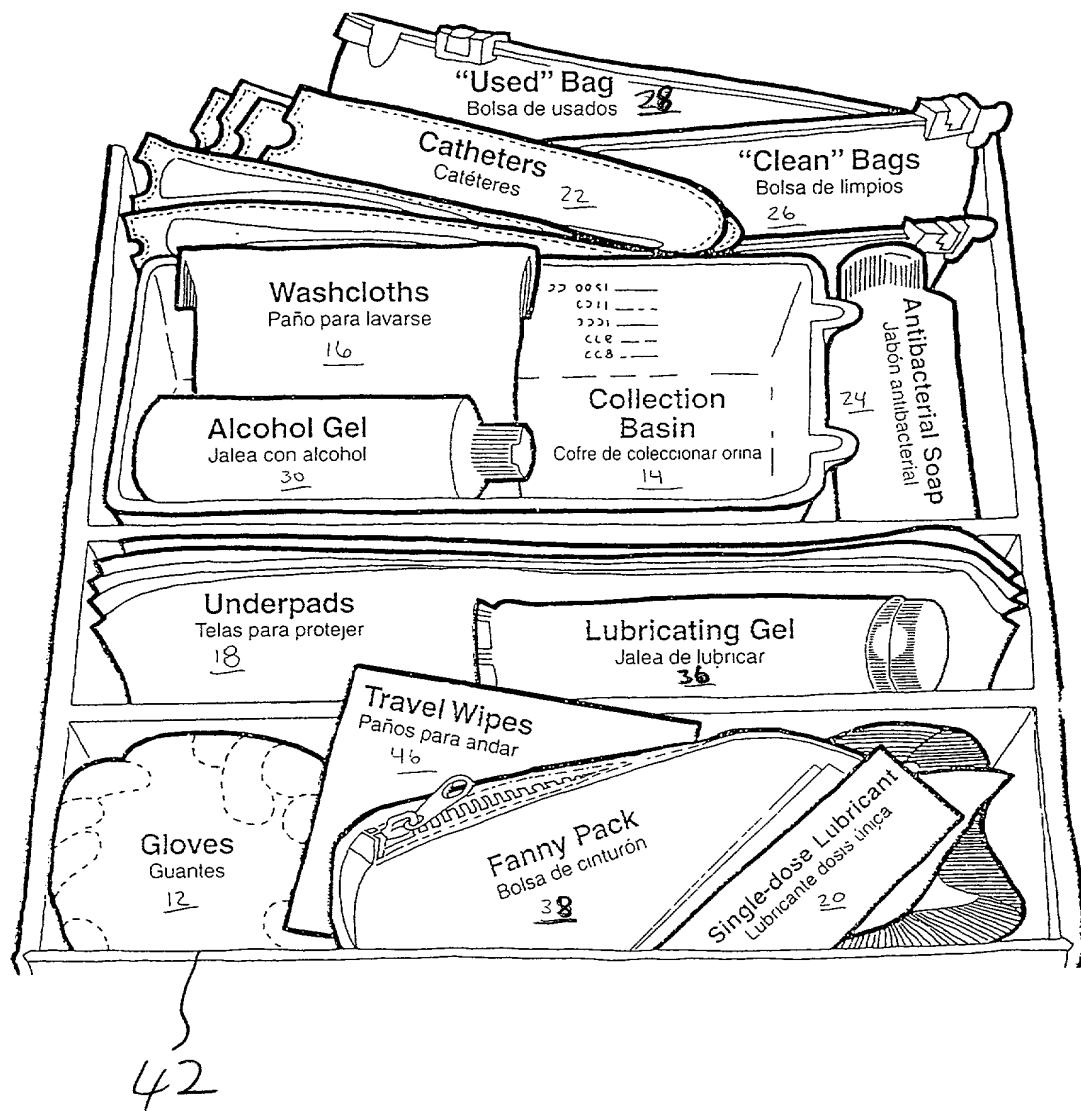


Fig 2A

Clean Intermittent Catheterization for Women CARE GUIDE Step-by-Step

This guide is to be followed only on the order of a physician. This guide is not a substitute for you healthcare professional's instructions. Everything you need to get started for self care is in this kit. The name of each item is on the map on the inside box cover. Find each item in the box before you begin. Keep everything in the box until the guide tells you to use it.

Prepare for Care

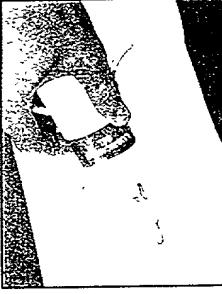
Get a clean, fresh towel. Wash your hands with the Antibacterial Soap and warm water. Dry your hands on the clean towel. If you have a caregiver to do this for you, they should wash hands and put on the Gloves



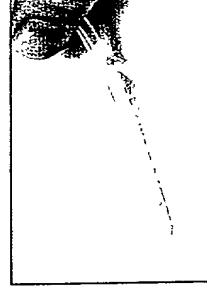
Spread a clean paper towel for a work surface. If you are going to do the procedure on a bed, chair or other furniture, put the Underpad under your buttocks. Take out the Collection Basin and put it between your legs.

Roll the Catheter

Take the Catheter out of the package or "Clean Catheter" Bag and lay it on a clean paper towel within reach.

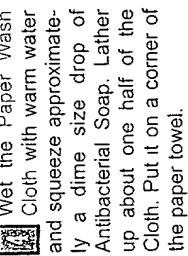


Flip open the tube of Lubricating Jelly. Be careful not to let the tube touch the Catheter. Squeeze about 2 inches of Jelly onto the Catheter, starting at the tip.

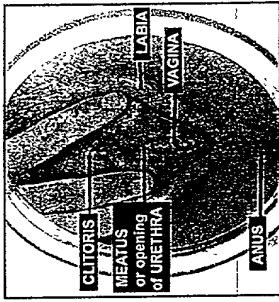


Hold the Catheter so the Jelly touches the paper towel. Roll the Catheter in the Jelly to cover all sides.

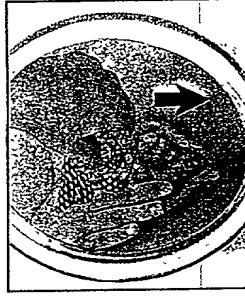
Clean "Down"



Wet the Paper Wash Cloth with warm water and squeeze approximately a dime size drop of Antibacterial Soap. Lather up about one half of the Cloth. Put it on a corner of the paper towel.



Lean back with your legs in a frog-leg position. Take out the Mirror. Fold it so it will stand by itself. Adjust the Mirror on the other side of the Basin so you can see your labia and opening of the urethra. It may help to pull back the skin above the clitoris.



Always wash from the top to the back. Use a clean area of the Wash Cloth each time. This keeps germs from the anus getting into the urethra. Wash "down" 3 times, then rinse with the other half of the Cloth that has no soap. Throw it away.

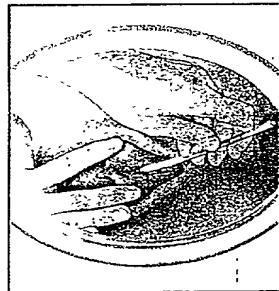
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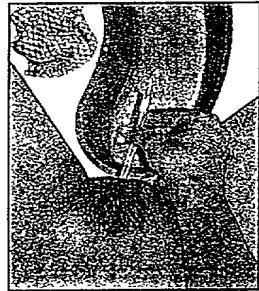
Clean Intermittent Catheterization for Women CAREGUIDE Step-by-Step

Insert the Catheter

 Continue holding the labia apart with one hand. With the other hand, pick up the Catheter right behind the Jelly. Watch that you keep the other end of the Catheter in the Collection Basin.

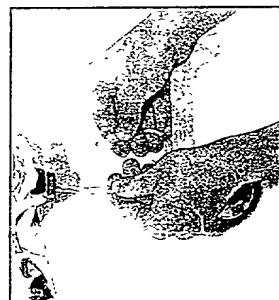


 Take a deep breath, hold it and gently put the Catheter tip into the urethra. Push backward and upward until the urine begins to come out. Push the Catheter in another inch. Make sure the urine is running into the Collection Basin.



Clean Up for Next Time

 Wash the Catheter with two or three drops of Antibacterial Soap and warm water. Hold the Catheter under running tap water to rinse well, inside and out. Shake gently several times to get off extra water. Put it on a clean paper towel to air dry



 Empty the Collection Basin. Wash the Basin with 2 drops of Antibacterial Soap and warm water. Rinse well and dry it. Put the cap back on the tube of Lubricating Jelly. Put all the supplies back in the box. Throw away the Underpad if it is dirty



 The Catheter should be dry by now. Close it inside the Plastic Bag marked "Clean Catheter Storage."

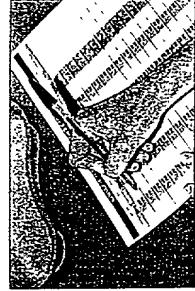
The caregiver may take off the gloves now and wash hands.



 WHEN YOU TRAVEL. In the Fanny Pack, put one clean Catheter in the "Clean Catheter" Bag, for every 4 hours you expect to be away. Also put in the Travel Wipes, the "Used Catheter" Bag, a packet of Lubricating Jelly, and clean paper towels for each catheterization. Take the Alcohol Gel for your handwashing in case there is no water Follow the same steps above, starting with "Wash your hands," in a private place



 Check the level of urine in the Collectible Container. Write the amount on the Urine Record Card and anything else you want to tell your nurse or doctor.



When you take the Catheter out, rinse it if possible and store in it the "Used Catheter" Bag. Wash your hands. When you are home again, clean the Catheter thoroughly and store in the "Clean Catheter" Bag.

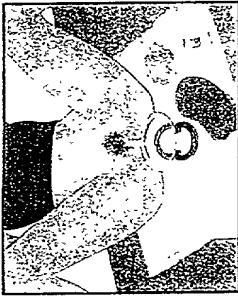
Cateterización intermitente para la mujer CAREGUIDE® Paso a Paso

Esta guía deberá ser usada solamente bajo el consentimiento de su doctor. Esta guía tampoco sustituye las instrucciones médicas de su doctor o enfermera. Todos los productos necesarios para empezar el procedimiento están en esta caja. El nombre de cada objeto está dentro de la caja en la tapa. Encuentre cada uno antes de empezar. Mantenga todo en la caja hasta que la guía le diga cuando usarlo. Lea esta guía por completo antes de empezar el procedimiento.

Preparativos

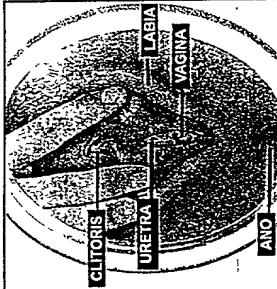
Busque una toalla limpia y fresca. Lávese las manos con el Jabón antibacterial y agua tibia. Séquelas solo con la toalla limpia. Si tiene a una persona ayudándola, el o ella debe de ponerse los Guantes después de haberse lavado las manos.

Limpieza

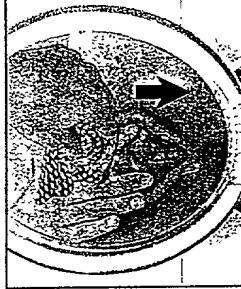


Moje el Paño para lavarse con agua tibia. Exprima una gota de Jabón aproximadamente del tamaño de un centavo. Mezcle el Jabón solo en una mitad del paño. Coloque el Paño en una esquina de la toalla.

Use una Toalla de papel limpia para trabajar sobre ella. Si Ud va a hacer el procedimiento en la cama, la silla u otro mueble, ponga las Telas de proteger debajo de su recto. Saque el Cofre de colecciónar orina y colóquelo en medio de sus piernas



Recuéstese hacia atrás con sus piernas abiertas. Saque el Espejo. Póngalo en posición que se pueda parar solo. Coloque el Cofre de manera que Ud. pueda ver sus labios y la abertura de la uretra. Le ayudaría sostener a un lado la piel que cubre el clítoris



Separé los labios usando el primer dedo y el del medio de una mano, mientras que con la otra limpia desde arriba de la abertura de la uretra hasta antes de llegar al ano.

El Catétere

Saque el Catétere de su empaqueaje o de la Bolsa de "Catéteres limpios" y colóquelo sobre una toalla de papel cerca de su alcance.

Abra el pomo de Jalea para lubricar. Tenga cuidado de no tocar el Catétere con el pomo. Exprima 2 pulgadas de jalea en el Catétere, empezando por la punta fina.

Sostenga el Catétere de manera que la Jalea toque la toalla de papel. Mueva el Catétere en forma circular para que se llene de jalea por todos lados.



Siempre limpie de arriba hacia abajo, cada vez usando una área del paño que ese limpia para lavarse. Este método previene que el sucio del área del ano entre en la uretra. Limpie hacia abajo 3 veces, después remoje con la otra mitad del paño que no tiene jabón ni ha sido usada. Coloque a un lado el Paño. El Paño puede ser lavado varias veces antes de que sea necesario botarlo.

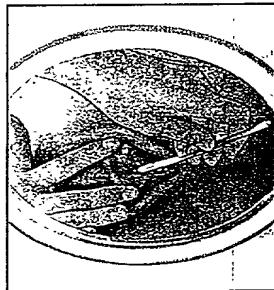
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Cateterización Intermitente para la mujer

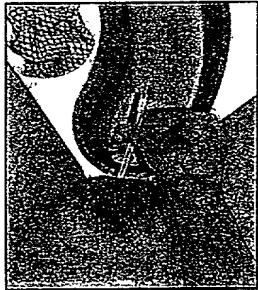
CAREGUIDE™ continuación...

Introducción del Catétere

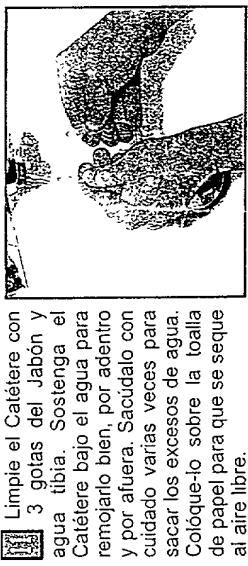
7 Continue a sostener los labios separados. Con la otra mano tome el Catétere por la parte donde apenas acaba la Jalea. Asegúrese que la otra punta del Catétere este dentro del Cofre de Coleccionar Orina.



8 Poco a poco introduja la punta del Catétere en la uretra, empujando hacia arriba y hacia abajo hasta que empiece a orinar. Meta el Catétere otra pulgada más. Asegúrese que la orina este cayendo dentro del cofre.



Limpie para la Próxima Vez



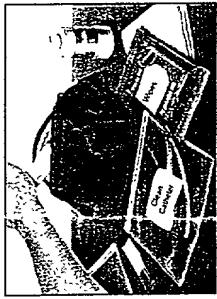
9 Limpie el Catétere con

3 gotas del Jabón y agua tibia. Sostenga el Catétere bajo el agua para remojarlo bien, por dentro y por afuera. Sacudalo con cuidado varias veces para sacar los excesos de agua. Colóquelo sobre la toalla de papel para que se seque al aire libre.

10 Vacíe el contenido en el Cofre de colección de orina. Lave el cofre con 2 gotas de Jabón y agua tibia. Remójelo bien y séquelo. Coloque de vuelta la tapa del pomo de Jalea para lubricar. Meta de regreso en la caja todos los materiales. Bote en la basura las telas para Protejer, si están sucias.

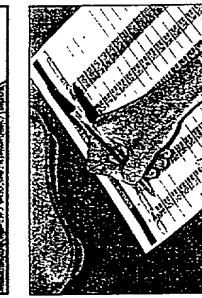
11 El Catétere ya debe de estar seco. Guárdelo dentro de la Bolsa de Catéteres Limpios y ciérrala.

12 Su ayudante ya puede quitarse los guantes y lavarse las manos.



Cuando Viaje

En la Bolsa de cinturon, meta un Catétere dentro de la Bolsa de limpios por cada 4 horas que Ud. piensa estar de viaje. También meta los Paños de andar, la Bolsa de usados, Paquetes de Jalea Para lubricar, y toallas de papel limpias. Meta la botella de Purificador en caso de que no haya agua. Use una toalla de papel limpia para trabajar sobre ella. Siga todos los pasos (1-13, menos el paso #11) en un lugar privado



13 Chequee el nivel de orina dentro del Cofre de Coleccionar Orina. Escriba el número en la Tarjeta Daria de Orina u otros comentarios que Ud. desee comentar con su doctor o enfermera.

Cuando termine de usar el Catétere, remójelo si haya agua, y métalo en la Bolsa de usados. Lávese las manos. Cuando esté de vuelta en casa, lave muy bien los Catéteres como en el paso #11, y después guárdelos en la Bolsa de Catéteres Limpios.

Fig 4

SELF CARE DOCUMENTATION

Patient Name _____

Female Clean Intermittent Catheterization CAREGUIDE® Step-by-Step page 1

This sheet is a reduced-size copy of the patient's illustrated, full color instructions. The purpose of this sheet is to confirm that self care training has been carried out by the clinician and understood by the patient and/or caregiver.

Prepare for Care

Get a clean, fresh towel. Wash your hands with the Antibacterial Soap and warm water. Dry your hands on the clean towel. If you have a caregiver to do this procedure for you, they should put on the Gloves after washing their hands.

Spread out two clean paper towels for a work surface. Have the kit near to take out items as they are needed. If you are going to do the procedure on a bed, chair or other furniture, put the Underpad under your buttocks. Take out the Collection Basin and put it between your legs.

The Bulb

 Take the Catheter out of the package or "Clean Catheter" Bag and lay it on a clean paper towel within reach.

 Flip open the tube of Lubricating Jelly. Be careful, do not let the tube touch the Catheter. Squeeze about 2 inches of Jelly onto the Catheter, starting at the tip.

 Hold the Catheter so the Jelly touches the paper towel. Roll the Catheter in the Jelly to cover all sides.

Cleaning Down

 Wet the Paper Wash Cloth with warm water and squeeze approximately a dime size drop of Antibacterial Soap. Lather up about one half of the Cloth. Put it on a counter of the paper towel.

 Lean back with your legs in a frog-leg position. Take out the Mirror. Fold it so it will stand by itself. Adjust the Mirror on the other side of the Basin so you can see your labia and opening of the urethra. It may help to pull back the skin above the clitoris.

 Separate the labia with your first and middle finger of one hand, while with the other hand, wash from above the opening of the urethra to the area above the anus.

Always wash from the top to the back, each time using a clean area of the Wash Cloth. This prevents germs from the anus area entering the urethra. Wash downward 3 times, then use the half of the Cloth that has no soap. Discard the Wash Cloth. It may be cleaned several times before you throw it away.

Patient Name _____
Provider Name _____
Date _____

Check here when
Page 1 of training
is complete.

Provider
initials _____
Patient
initials _____

Female Clean Intermittent Catheterization CAREGUIDE® continued... page 2

Inserting the Catheter

 Continue holding the labia apart with one hand. With the other hand pick up the Catheter directly behind the Jelly. Make sure the other end of the Catheter is in the Collectible Container.

 Gently insert the Catheter tip into the urethra, pushing backward and upward until the urine begins to flow. Insert the Catheter another inch. Make sure the urine is draining into the Collection Container.

 When urine stops flowing, gently push down on the bladder area to make sure the bladder is empty. Slowly pull the Catheter out. You may wish to wipe off any jelly that may remain on the opening of the urethra with toilet paper.

 Check the level of urine in the Collection Container. Write the amount on the Urine Record Card and any other comments you may wish to tell your nurse or doctor.

Cleaning for Next Time

 Wash the Catheter with 2-3 drops of Antibacterial Soap and warm water. Hold the Catheter under the running tap water to rinse well, inside and out. Shake it gently several times to get off excess water. Place it on a clean paper towel to air dry.

 Empty the contents of the Collection Container. Wash the container with 2 drops of Antibacterial Soap and warm water. Rinse it well and dry. Replace the cap on the tube of Lubricating Jelly. Put all the supplies back in the box. Throw away the Underpad if it is soiled.

 The Catheter should be dry by this time. Close it inside the Plastic Bag marked "Clean Catheter Storage".

The caregiver may take off the gloves now and wash their hands.

WHEN YOU TRAVEL. In the Fanny Pack, put one clean Catheter in the "Clean Catheter" Bag, for every 4 hours you expect to be away. Also put in the Travel Wipes, the "Used Catheter" Bag, a packet of Lubricating Jelly, and clean paper towels for each catheterization. Take the Alcohol Gel for your handwashing in case there is no water. Follow the same steps above in a place like a bathroom. Starting with step one, wash your hands. Take out a clean paper towel for your work surface. Use a Travel Wipe to clean your urethral opening. Follow the steps above modifying as needed for location. Drain the urine from the Catheter into a toilet if possible. When you remove the Catheter, rinse and store it in the "Used Catheter" Bag. Wash your hands. When you are home again, clean the Catheter thoroughly and store in the "Clean Catheter" Bag.

Check here when
Page 2 of training
is complete.

Provider
initials _____
Patient
initials _____

We agree that the patient understands these instructions and is ready to carry out self care:

Signature _____
Provider

Signature _____
Patient

the *Journal of the American Statistical Association* (1937, 32, 223-235) and the *Journal of the Royal Statistical Society, Series B* (1938, 1, 1-25).

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CAREGUIDE™ URINE RECORD CARD

Your doctor will tell you how often to record your urine output. Remember to circle AM or PM when you write the time.

Fig 5

Patient Name

Catherize yourself times a day at . Your medication is: _____ . Each day drink 8 oz. glasses fluid, but no more than oz.